

Veggie Stew and Mashed Potatoes

Ingredients

- 5 large carrots peeled and chopped into thick pieces
- 4 stalks of celery chopped
- 1 onion chopped
- 8 oz of sliced mushrooms
- Half a small bag of frozen green beans
- Quarter of a small bag of frozen peas
- A handful of frozen organic corn
- 2 cups of apple cider or juice (go for dark and cloudy)
- 15oz vegetable broth or stock
- 4 tbsp flour
- ½ tsp smoked paprika
- 2 tbsp red wine vinegar
- 1 tsp vegan Worcestershire sauce
- 1 tsp garlic powder
- Salt and pepper to taste



Preparation

1. Preheat oven to 425 degrees.
2. In a large stew pot or Dutch oven with lid, sauté the fresh vegetables (not frozen) in a drop of broth or water for one minute.
3. Coat vegetables with flour and stir for a minute
4. Pour in all liquids and the rest of the ingredients from apple cider/juice on down and bring to a boil, stirring frequently.
5. Simmer for five minutes
6. Throw in frozen vegetables and stir.
7. Cover with lid and transfer to a hot oven and cook for up to 45 minutes.

Serve over mashed potatoes which are just boiled potatoes, milk substitute (I prefer Oat milk) and salt mixed with a hand mixer until smooth. See biscuit recipe under "Breads."

